

Officiating.

1. Current rule book.
 2. Loud clear tone whistle & short cord
 3. How 2 blow " - hold it below lips w. curved side down & tip of tongue in on again side of slot. As v. blown tongue drops out giving short sharp blast.
 4. Distinctive sports' clothes & running shoes.
 5. Preliminaries.
 6. Pass ball to centre player. (under hand.)
 7. Blow whistle when ball reaches hands & not 64.
 8. Sound of whistle starts game.
 9. Keep moving with play & concentrate on personal fouls. Have someone on side - line keep record of fouls & violation called by " as well as ones missed.
 10. After learnt to referee, learn to umpire.
 11. Referee respon. to follow play of ball - umpire forefield & backfield. Umpires - out-of-bounds play on own side of floor.
 12. Designate fouls clearly. (good arm out.)
 13. Speak distinctly & pleasantly. Never with whistle in mouth.
 14. Remain off court when spare permits - otherwise up & down near side lines.
 15. Use accepted arm movs. for no goal & jump ball.
 16. Toss ball high & straight on jump balls & eyes not follow ball.
 17. Official stand in fwd. stride position & take 1 step back as ball leave hands.
 18. On free throw - hand ball to player on line & keep contact w. ball - keeping hand on top.
- (Preventive measure)

A violation is an infringement of a rule - the penalty a free throw in by opponent.

1. Holding ball 4 more than 3 sec. within the count.

For more than 3 sec. in centre throw

" " " 5 " " out of bounds.

" " " 10 " " on a free throw.

2. Travelling - includes jump in place while in possession of ball.

Taking more than 1 step catching ball while still

" " " 2 " 5 " " " running

A drag up to other foot but not beyond.

3. If u receive ball while running u may take 2 steps more & pivot & drag pivot foot up to other ft but not passed.

3. Advancing ball by rolling, kicking, batting,

4. Causing ball to go out of bounds or stepping over side or end line while in possession of ball.

5. Line Violations - stepping over 2 $\frac{1}{2}$ line (if it effects the play) " " free throw line or lane by ball released by fwd. & shooting. Stepping out of centre O by releasing ball.

6. Throwing & basket when not eligible to shoot.

7. " ball while on feet.

8. On toss-up catching by ~~touch~~ by other player or has touched floor.

9. Bouncing & juggling more than once & combining this.

Technical Foul.

An infringement of rule - penalty free shot & opponent - 4 most part ball involved.

1. Delaying game. - getting out in

2. Knocking ball from hands of opponent.

3. Going up in guarding.

4. Over-guarding ball.

5. Failure to report to umpire for sub's & changing

division

Leaving court during time out & during a
break $\frac{1}{4}$ s. - without permission.

Passing ball to another player when taking a
free throw. P. 24.

L. Beighton.

very good
9.

Basketball.

Offensive.

● Formation Play- Centre plays easiest formation for girls to remember and put into effect. Back player is definitely located. The first play should be executed without a signal.

Plays used in a game should be few but well perfected. Each play should be so worked out that if the play is blocked in one direction there is an opportunity of passing to another to complete the play. Such a play must be prearranged or a wild pass or lost ball may result. All plays should be executed well on both sides.

● Tip-Off Plays.

1. Simple plays are most successful. If too complicated players apt to forget necessary adjustment.
2. All positions of players same til ball tipped.
3. Player giving signals know how best to rotate use of centre plays. If play works - repeat.
4. All players know signals perfectly. Games planned for simplicity. Fwd. give signals - calm, clear thinker & exercise good judgment.
5. Means of giving signals (A) call no. (B) personal signal. (C) centre player from certain direction.
6. Formation plays planned according to ability.
7. Practice of all plays.

● Out-of-Bounds Play.

Team definitely in position of ball in planned out of bounds play. Team in possession of ball at offensive end or side lines must be alert to take advantage of situation and

after 1 or 2 passes should attempt to score. If ball awarded to team on defensive side or end lines, opponents should "get set" with definite defense.

1. Ball passed in quickly. Time for defense to place themselves.

2. Player making out of-bound pass receive 2nd pass.

3. Pass to loose or unguarded player.

4. Plays simple & few in no. - alternatives.

5. Signals useless. 1 play worked out for either side line used by either player in court, & 1 play for end line & 6 used by either player.

6. If guard takes ball - centres & fwd. not start at same time as ball.

7. Plays so guard avoid passing across basket.

Free Throw Plays -

Let possession of ball if missed. In 2 court game where 2 players in fwd. territory best to have better rebound player take p.d. along lane & run in for rebound & either tip or pass ball to player, who took free throw.

Quick stopping, starting, ability to change direction and efficient handling of ball essential for good offensive and defensive players.

Forwards must also have ability to shoot.

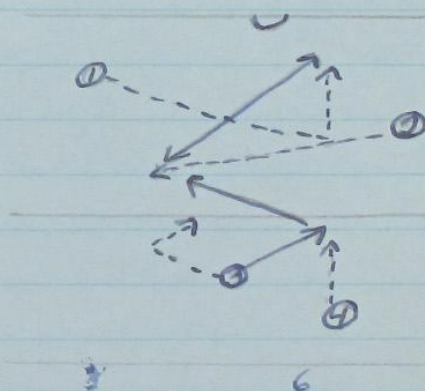
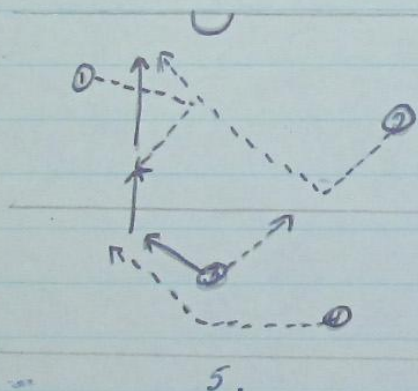
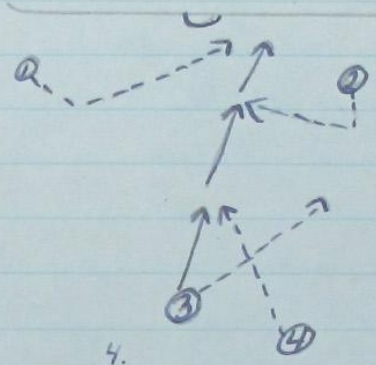
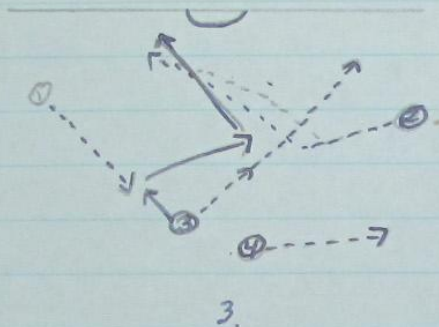
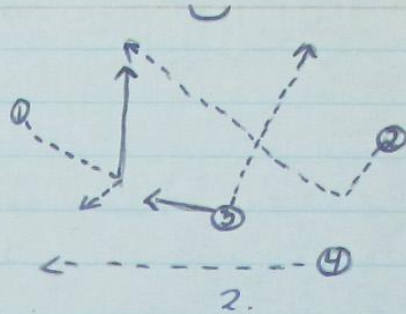
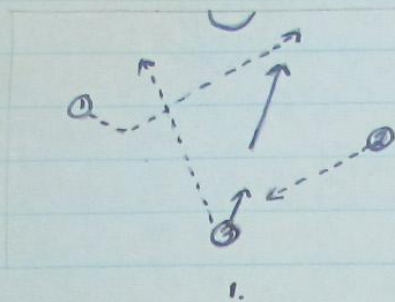
The best defense is a good offense therefore it's essential to keep ball and if lost regain it quickly. 7 man play helpful if well timed and worked out. Not complicated. Two or

three enough. Good timing is most imp. factor in successful team plays. If

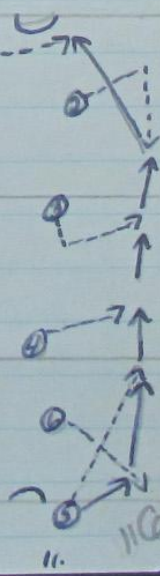
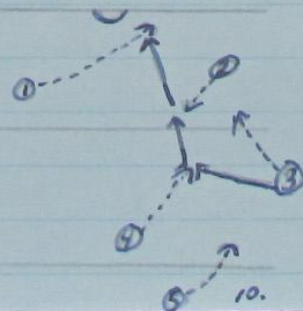
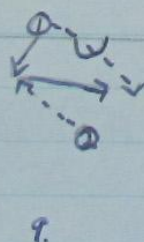
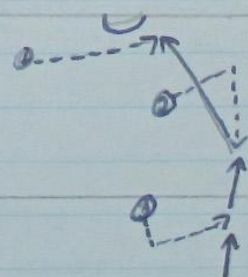
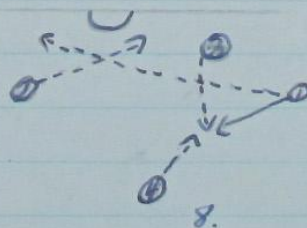
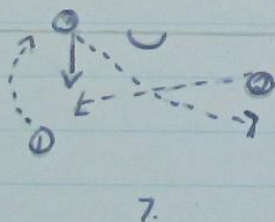
receiver gets to spot before ball - usually covered by opponent - if too late teammate in possession of ball will be covered - making passing difficult. Should be able meet

Offensive Plays.

Tip-Off Play.



Out-of-Bounds.

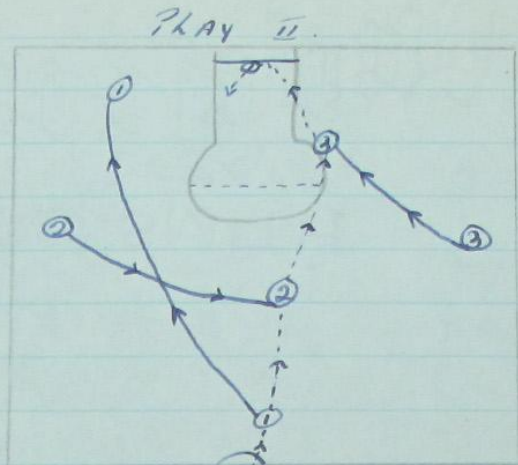
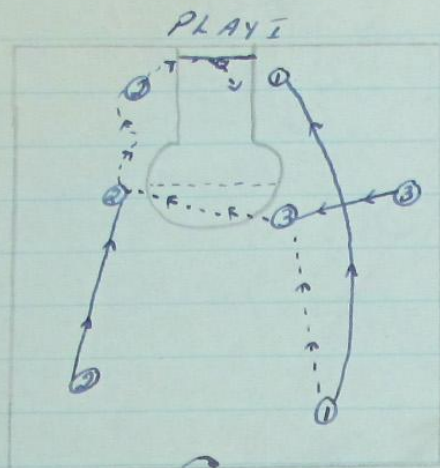


unfamiliar situations and play without set plays. Should be able to fall into this type of play any time and also be able to execute plays and gain advantage from them when possible. Skillful individual player no team value unless she can adapt her style of play to team as a whole. All team members know one another's style - weaknesses and strengths.

Points to be Remembered.

1. Good passing.
2. Player making pass often responsible for fumbling. Receiver keep eye on ball til in possession of it.
3. Short passes directed ahead.
4. Rarely pass to still player unless free for set shot.
5. Leave self room to move in at least 2 directions.
6. Don't bounce if opponent guarding loosely.
7. If balanced & in position & have 1yd - shoot!
8. If guard uses hand to stop shot, quickly bounce past her, on side arm is raised.
9. If have shot & teammate in good pos. stay out.
10. Avoid crowding under basket. Pass & come out.
11. Take out-of-bounds balls quickly.
12. Juggle shouldn't be overdone.
13. Don't bounce if can pass advantageously.
14. On foul shot, if not shooting don't have wt. on lls.
15. Watch opponents styles - prepared to change game.
16. Don't use set plays without variety.
17. " waste energy for aimless wandering.
18. Timing of player in "pick-off" perfect.
19. If opponents use zone defense & finds find it impossible to break through, long shots should be attempted. If shots successful defense will undoubtedly come out & offense and break through for short shots.

Offensive Plays.



A. Passing & receiver who runs & meet ball

B. Bouncing & shooting

Description:

No. 1 receives from guard

" " passes to No. 1

" 3 " to either 1 or 2 who run on either side of 3.

No. 1 or 2 shoots after bounce

A. Pass thru' centre of court.

B. Shooting continued after receive

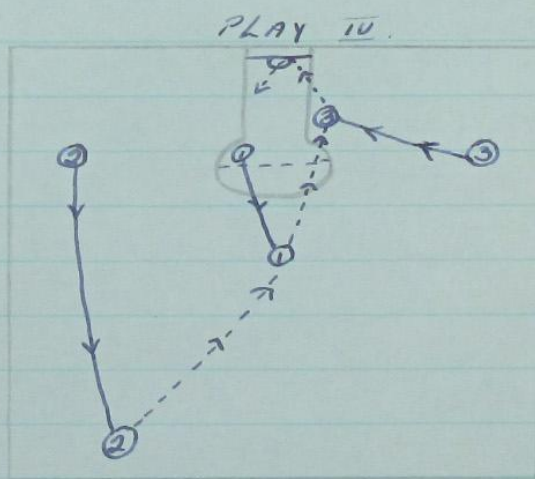
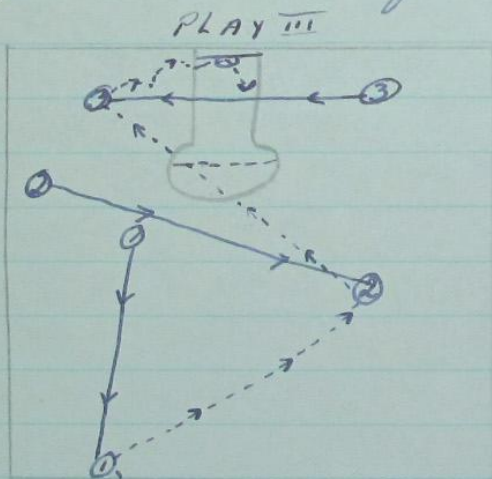
Description:

No. 1 receives from guard

No. 1 passes to No. 2.

" 2. " " " 3.

" 3. shoots.



A. Bouncing & shooting

B. Zig zag passing

Description:

No. 1. receives from guard & passes to No. 2.

No. 2 passes to No. 3.

" 3 bounces & shoots.

This play maybe reversed to other side.

A. Pass to Rec' who runs to meet pass.

B. Shooting.

Description:

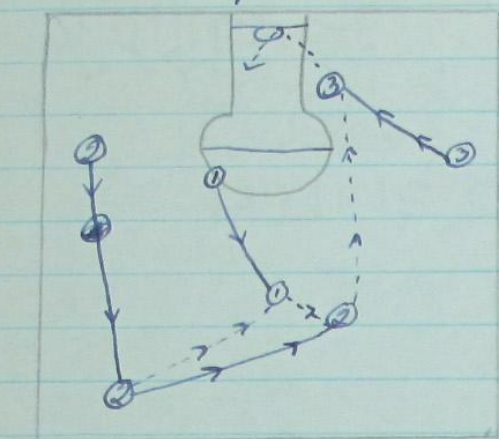
No. 2 receives ball from guard

" 2 passes to No. 1.

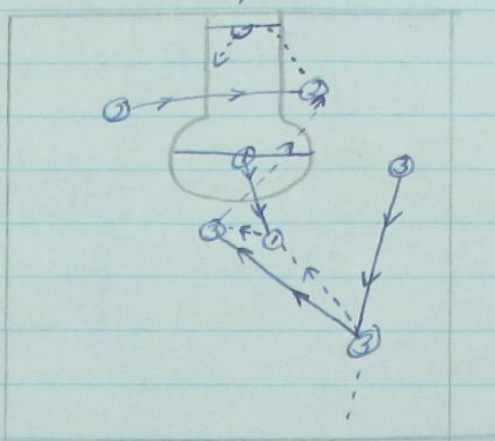
" 1. " " " 3.

" 3 shoots.

PLAY II



PLAY VI



- A. Passing to receiver who is running to meet pass.
 b. Pick-off.
 c. Shooting.

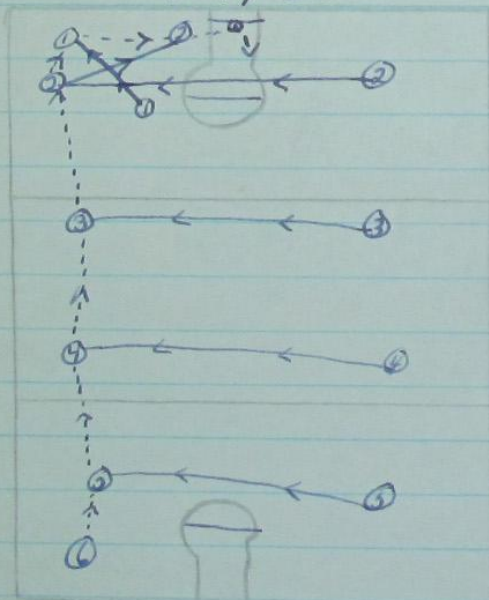
Description.

No. 2 receives ball from guard.
 " " passes to No. 1.
 " " back to " 2 on pick-off
 " 2 " to No. 3 who shoots.

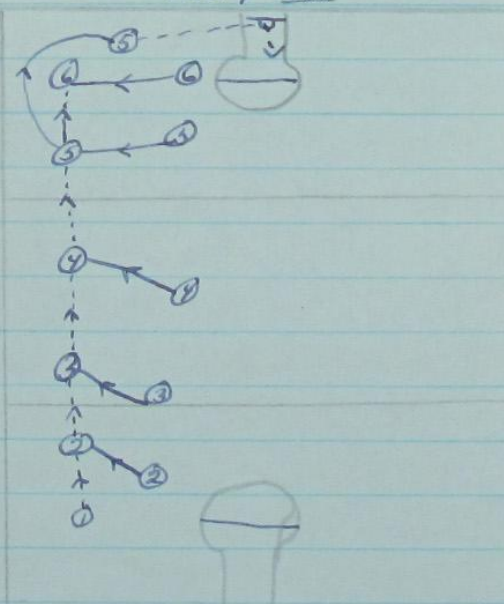
Description.

No. 3 receives from guard.
 " " passes to No. 1.
 " 1 " back to 3 on pick-off
 " 3 " to 2 who shoots.

PLAY VII



PLAY VIII



- A. Timing. B. Passing to player who runs to receive. C. Cutting to basket or inside ground. basket to follow other feeds shot.

Description - No. 6 passes to No. 5. No. 5 passes to 4, 4 to 3, 3 to 2, 2 to 1. No. 1 uses loop or becomes pass to No. 2 who cuts toward basket. No. 2 shoots.

A-B. Same. C. Running toward basket to follow other feeds shot.
 D. Staying out after shooting.
 Des - No. 1 to 2. No. 2 to 3, 3 to 4, 4 to 5, 5 to 6.
 No. 5 runs around toward Sideline & receives 6.
 " 6 " toward basket to follow shot while 5 tried.
 " 5 stays out after she shoots.